

"I can fall asleep anywhere."

And that's the problem.
Just because you work shifts,
doesn't mean you have to be sleepy
all the time. There's a lot you can do to get
better sleep, like using room-darkening shades
or unplugging your bedroom phone. By improving your
sleep, you can improve your performance at work, at home
and especially on the road. **Wake Up And Get Some Sleep.**



U.S. Department
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Sleep Tips: Establish a regular, relaxing bedtime routine. 🚗 Avoid caffeine several hours before bed. 🚗 Avoid alcohol before bed—it makes it difficult to maintain uninterrupted sleep.